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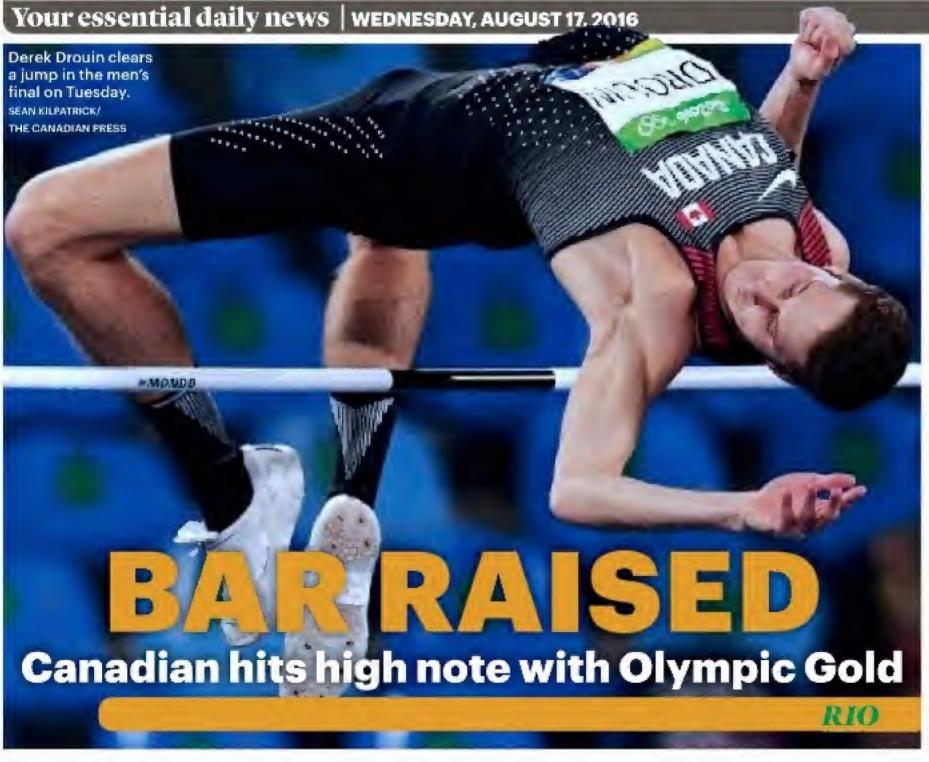
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Albertan





Cities move onlowering voting age

GOVERNMENT

Edmonton committee backs on whether to actually lower letter to province



Brodie **Thomas** Metro | Calgary

City councillors in Edmonton are getting more serious about lowering the voting age in municipal elections, and that could translate into similar changes for Calgary.

Councillors at Edmonton's executive committee unanimously endorsed a letter from the Edmonton Youth Council that will go to the provincial government asking for a lower voting age.

"It's important to listen to the voices of people who want to participate in the democratic process," said Mayor Don Iveson.

Edmonton city council will still have to endorse the idea next week and the final decision the voting age will rest with the provincial government.

It's an idea whose time has come, according to Ward 8 Coun. Evan Woolley. He's already been working on the idea of a lower voting age here in Calgary.

"I'm working on a piece to bring potentially to our own council, but also to begin some advocacy with the province," he said.

Woolley said he recently hired former University of Calgary Students' Union president Levi Nelson who will help study potential municipal impacts, as well as engage government and youth on the matter.

"There's kids with full-time jobs that are under 18 and pay full taxes and have no say in who represents them. I'm not OK with that," said Woolley.





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Spear-killing sparks debate Primitive weapons over hunting best practices Although hunting using a spear

CONTROVERSY

Hunters talk about what's humane and sportsmanlike



An American hunter who killed a bear with a spear and posted the video online is generating plenty of controversy - not just for his choice of weapon but also for baiting the animal.

U.S. hunter Josh Bowmar used a hand-thrown spear to kill a black bear during a hunting trip to Northern Alberta this spring.

Casey Maguire, a band council member with the Siksika Nation, said Bowmar wasn't really hunting because he baited the animal.

"When you hant you have to earn your kill," he said.

When Maguire hunts traditionally with other band members, they don't wear camouflage. They use traditional methods, such as masking their scent from the animals with wood smoke.

"When you're native — it's natural — you know how to read the land. You know how to work the land," he said.

Baiting of bears is legal



Robert Edwards of Ponoka used an ancient dart-throwing device called an atlati to hunt this deer. CONTRIBUTED

under Alberta hunting laws, but also highly restricted according to Miles Grove, superintendent of operations with Fish and Wildlife enforcement

"Its only allowed in certain

parts of the province, and that's where grizzly bears are absent — so boreal forests," said Grove.

He said hunters are required to put up signs warning others that bait has been left out. They

are also required to put their names on the signs.

While some like Maguire believe using bait is unsportsmanlike, Grove said it does have a purpose.

"It's an effective way for the

- SEASON

Alberta has a hunting season for "primitive weapons" such as muzzleloaded muskets and shotguns.

Spears and atlatis currently must be used during the regular season, although the province has said it will now ban them.

hunter to view the bear for some time," he said. "They're able to be a little more selective."

Wayne Lowry, president of the Alberta Fish and Game Association, said baiting black bears is about the only way to successfully hunt the animals.

"Just because they're so elusive in the deep woods," he said. "They're hard to find."

Lowry is fine with the baiting, but is happy to see the province planning to ban the practice of hunting with spears. He has concerns about amateurs wounding animals.

He said his organization and others in the province were trying to get ahead of the rising popularity of spear hunting in the US and Africa.

"There hasn't been a desire by Albertans to hunt by those means. It's not like we're giving up anything because it's not something we've been doing."

Although hunting using a spear is not common in Alberta, American hunter Josh Bowmar was not the first to use an unconventional weapon to legally take down big game.

Robert Edwards, founder of the Alberta Primitive Skills Society, successfully hunted a deer using an atlatl in 2012.

An atlatl is a short stick that allows a hunter to launch a dart by hand with extra leverage.

The dart he used was six feet long and 5/8ths of an inch thick.

The biggest argument is that they're inhumane and barbaric and primitive," said Edwards. "I don't buy that argument at all."

He said he launched his dart from about eight yards and the animal travelled about 30 yards before dying. "My deer expired a lot more quickly with an atlatl and a dart than with any bow I've ever seen or used," he said.

Edwards is not the only person in Alberta using the devices.

"There's not a huge community - 1 personally know roughly 100 folks that are out using them," he said.

Edwards' primitive skills society brings together enthusiasts of so-called primitive arts, such as flint knapping (making stone arrowheads). They're holding their annual meet-up this weekend near Sundre.

While he has been interested in primitive hunting for 25 years, he said the deer is the only big game animal he ever successfully hunted.

BRODIE THOMAS/METRO



Rain ups escarpment urgency

WEATHER

Precipitation causing slump on McKenzie Lake pathway



Helen Pike Metro | Calgary

It's just the tip of the ridge work. After a city pathway slipped down an escarpment earlier this week, crews are headed to Mt. Alberta View in McKenzie Lake to make repairs.

The hillside, which overlooks the Bow River, has been slowly slumping over the last couple of years. The city had planned to create a detour in summer 2015, and rehabilitate the now dangerous pathway pennanently to remedy the situation.

But this summer's rain intensified the issue and moved plans ahead much quicker than the city anticipated.

About two weeks ago, transportation crews made a repair to the popular pathway. Overnight, a problem precipitated with the



The city is scrambling to find a solution for a rapidly eroding pathway in McKenzie Lake. Heavy summer rains have accelerated the erosion. HELEN PIKE/METRO

freshly laid concrete: the pathway had already sunk four inches.

"Parks has done a lot of fixes as recently as two weeks ago, it was repayed and literally overnight that pathway they repayed slumped four inches," said transportation spokesman Sean Somers. "We've shut down the pathway."

The City of Calgary met behind closed doors with nearby homeowners to discuss immediate and long-term fixes to the problem — if it's not remedied, the ridge could continue to sink, making the residents' yards unstable.

"We're looking at engineering the solution that's going to

We're looking at engineering the solution.

Sean Somers

help stabilize everything," said Somers. "So, obviously we want to come to a resolution before the path gets damaged additionally, before it gets into people's yards, before it gets to their homes."

Somers said this week the city is bringing geotechnical engineers on board to do testing on the slope. Then, the city will shore up the actively sloping pathway as a short-term solution.

Then, a long-term solution will stabilize the rest of the 3.5 kilometre stretch.

In past reports, the city has noted no concerns with the nearby residential homes after a study by an independent contractor.

The area is monitored for movement on an ongoing basis and was stepped up in the past few weeks. The city has also sent out workers to catalogue and monitor the slope daily for any new or widening cracks.



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Judge upholds human rights prayer decision

An Alberta judge has upheld a human rights decision that found a private school discriminated against two Muslim students by not allowing them to

The Alberta Human Rights Commission tribunal found in 2015 that Webber Academy in Calgary unlawfully discriminated against the students and fined the school \$26,000.

The boys, who were in Grades 9 and 10, testified that praying is mandatory in their Sunni re-

ligion. The school, in appealing the tribunal's decision to the Court of Queen's Bench, argued that the boys' parents were told Webber Academy was non-denominational and there was no space in the school for praying.

"The tribunal applied wellestablished principles of law. For many years, public and private schools have been required to adhere to human rights legislation in offering their educational services to the public," wrote Justice Glen Poelman in a decision posted this week.

"Discrimination is permitted only when reasonable and justifiable as determined by wellestablished principles."

Poelman said the tribunal made no errors in its decision and the damages awarded were reasonable.

The Webber Academy did not immediately respond to a request for comment on the decision.

The judge said the school does deserve some credit.

"Webber Academy ... adopted a public policy of welcoming young people of many faiths and cultures, and to exemplify its policy, published photographs of students with turbans and facial hair even though these practices contravened usual school policies," Poelman said.

"For some reason, it drew the line at Sunni prayer rituals, conducted in private, in a place that was convenient to the school and the students from time to time." THE CANADIAN PRESS



Shahrukh Abid said it's been a long road, but very rewarding to talk with Canadians. AARON CHATHA/METRO

Shattering stereotypes

MOBILE MUSLIMS

Ahmadiyya group on tour to celebrate 50 years in Canada



Aaron Chatha Metro Calgary

When the Mobile Muslim tour rolled through Calgary one Tuesday, they brought signs, litera-ture, a bus and — most importantly — their voices.

The group spent hours on Stephen Avenue talking to Calgarians frankly and openly about Islam and their community, in a cross-country effort to demystify Islam in the eyes of Canadians.

The tour launched two weeks ago in St. John's and passed through Northern Ontario, Manitoba, Saskatchewan and now

Alberta. The group, representing Ahmadiyya Muslim Community, said they were also marking 50 years of the community's establishment in Canada by reaching out to Canadians.

Representative Shahrukh Abid has been thrilled with the response they've gotten.

"Most Canadians are very tolerant and understanding, he said.

"Even if they have misconceptions about Islam, they still approach us. The fact they're not stubborn, they're open to new ideas and learning about Islam, that was pretty awesome to see."

They have faced a bit of hostility however, especially in smaller towns in Western Canada. But Abid said that only makes up one per cent of all the people they've met.

After finishing in Calgary, the group packed up and moved on towards Kamloops, their next stop on the way to Vancouver.

Suspect in double stabbing arrested

The Calgary Police Service have arrested the suspect wanted in connection with a double stabbing that occurred Monday morning. At approximately 7:45 a.m., on Aug. 15, police were called to a house in the 200 block of Huntcroft Road NE after a man and woman inside the house were stabbed.

Police entered the house and found the man in life-threatening

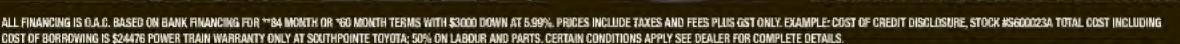
condition and the woman in serious condition.

Both were transported to hospital and have since been upgraded to serious but stable condition.

Qisong Zhou, 50, of Calgary, is charged with two counts of possession of a weapon for a dangerous purpose, one count of attempted murder and one count of assault with a weapon. METRO









Sustainable smiles

Family opens yard to those interested in permaculture



Helen Pike Metro | Calgary

A Calgary couple's seed planting practice has since grown into a full-fledged lifestyle and business that would make any garden harvest pale in comparison.

And on Wednesday, the family behind Verge Permaculture is hosting an open yard to help

curious gardeners learn about ideas behind permaculture and sustainable habitats.

Visitors will be welcomed to the positive as we are the house we'll lush home nestled in a SE Calgary oasis to examine the solar powered

greenhouse, food forest, energy efficient retrofits and more with the ultimate goal of convincing some to take the first step in expanding green thumbs.

"This concept of humans leaving an impact or footprint, permaculture helps us leave a positive footprint," Rob Avis, owner of Verge Permaculture said. "What we do with our personal house is we demonstrate simple ideas that showcase how humans can be just as positive as we are negative."

He's been modifying the family home since 2009 after he and his wife quit their oil and gas engineering jobs. And although it looks like hard work, Avis said they prefer to break backs over the design, and not in keeping up the garden. Each plant placement is painstakingly plotted next to another for a reason, whether it's the sunlight, the groupings of plant species, or where the integrated no-fuss, naturally powered water system will best hydrate plants.

Basically, permaculture, which is the practice of creating sustainable ecosystems through planting and planning, can help you keep your garden on autopilot.

"All the investments we make have direct benefits to us; the work we've done on see in the resale value of the house. We have more thermal

comfort than we've ever had, we also have reduced noise pollution from airplane noise," Avis said. "Everything takes work ... as far as growing food, the way we've set those systems up, they take very little effort for us to manage them."

Their credo: Work is a failure in design. Avis said they have their yard running so smoothly, his family makes excuses to hang out amongst the greenery, not slave away for it.



Rob and Michelle Avis at home in their garden — which is also their business — with their kids, contributed, verge permaculture

This year, their open houses have been especially busy, with the last one garnering a wait list and spurring one last summer hurrah while the sun and rain keep their outdoor plants lush.

Avis thinks it's because of several reasons, including the recent spike in food prices, which he doesn't have to worry about with his passive energy year-roundgreenhouse; most of his food comes off his property. He also said people are seeing a benefit to sustainable lifestyles, and it gives them hope.

"It's not all doom and gloom," Avis said.

PSYCHOLOGY

Fort Mac residents' stress levels studied

Humans

can be just as

negative.

Rob Avis

Genevieve Belleville is struck most about the many Fort Mc-Murray residents who are having nightmares and trouble sleeping.

The psychology professor at Laval University in Quebec City is heading a mental-health study of people from the northern Alberta city who were forced to flee a voracious wildfire in May.

"They also have very painful memories," said Belleville. "Some of them have moved, don't want to go back to Fort McMurray because it's too painful to see the aftermath of the fire."

Two of her research assistants spent three weeks in the community. They conducted clinical interviews with about 50 residents and another 300 people completed an online ques-

Analysis is to begin soon on whether some are suffering from post-traumatic stress disorder, Belleville said. Symptoms of include intrusive memories,

20,000

Number of Fort McMurray residents with referrals to see mental health professionals (all since May 10). The normal number is 1,200 referrals annually, THE CANADIAN PRESS

negative feelings and emotional reactions.

"If the symptoms persist for more than one month, then we can talk about PTSD. Before that, it cannot be considered a disorder."

The study will also assess whether the residents have depression, anxiety and substance abuse problems, she said. Preliminary findings should be complete in the fall and are to be shared with the people involved. THE CANADIAN PRESS

RETAIL

Iconic business closing

Western wear purveyor Riley & McCormick, one of Alberta's oldest businesses, is riding into

Owner Brian Guichon says increased costs and changing tastes means it's time to close down the historic Calgary retailer.

"Sales aren't what they used to be," he said. "We've had a rough go the last couple of years and it's just time."

Guichon has been selling cowboy hats, boots and everything else you'd need to look the part at the Calgary Stampede since the 1980s.

But his retail roots run much deeper, with his grandfather Eneas McCormick co-founding the store as a saddlery with William James Riley in 1901 before Alberta was even officially a province.

For Guichon, the closing of the store on Calgary's downtown pedestrian avenue, with its weary wooden horse out front, means the city is losing a bit of its identity.

"I guess in a lot of respects we were a cultural icon," he said. "The difference between Calgary downtown and Toronto downtown would be the fact that we have a western culture, and we won't be there to contribute to it."

Guichon noted that more taxes, an increased minimum wage and inflexible landlords all helped pile on costs, while the emptying-out of downtown offices and fewer people wearing western gear bit into sales.

"The market is changing," he said. "There's always going to be a segment of the market that will wear western clothing and products. It's part of our culture. Just not as many as there used to be."

A disappointing Calgary Stampede this summer, combined with the other pressures, prompted Guichon to call it a day, with aggressive discounts on what's left in the store.

"It's kind of sad, but nothing lasts forever," he said.

THE CANADIAN PRESS



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Nays to undo Neck Neglect



It's a catchy name for a heading but sometimes not liking the way our neck looks has nothing to do with neglect. As we age, well...things just happen. The skin on our neck is thinner than the skin on our faces and it tends to become loose and wrinkled in appearance. We also tend to lose definition on our jawlines and develop jowls. Many of us will also notice that the bands in our neck are becoming tight and more prominent with age. Excess fat below the chin can be caused by a variety of factors, including obesity and aging, but sometimes it's simply a matter of genetics. If these are things that concern you, there are solutions for each, and why shouldn't you pursue them if you want to?

1. Coolsculpting for Double Chins:

Coolsculpting is the revolutionary treatment that freezes away fat. It is a non-surgical alternative to liposuction that can get rid of stubborn pockets of fat, safely and permanently. Various sized applicators are used to treat different areas of the body. CoolMax, the largest handpiece is used to debulk; CoolCore is for areas with less fat; CoolCurve is for curvier contours; CoolFit fits perfectly on arms and inner thighs; while CoolSmooth is used to treat outer thighs. The newest handpiece, CoolMini, is used to treat very small. areas. It works great at freezing away fat on the neck and other areas that do not have enough fat to use any of the larger applicators.

2. Skinny Chinny for Smaller **Double Chins:**

What if you have fat under your chin but not enough to fill up a CoolMini applicator? Or what if you still have fat after Coolsculpting, but not enough to repeat the treatment? There is another solution available and we call it Skinny Chinny. Treatment of fat under the chin with small injections of Deoxycholic Acid (a bile acid that is natural to the body and used to dissolve fat) is gaining in popularity. Skinpossible uses the brand of Deoxycholic Acid known as Belkyra, which is also known as Kybella in the U.S. Health Canada has recently approved Belkyra for treatment of submental fat. It's like lipo-suction in a syringe.

3. Ultherapy to Tighten & Lift:

As we age we lose collagen, and as the skin on the neck loses strength it starts to sag. We also lose definition on the jawline and develop jowls. Ultherapy is a non-invasive treatment that causes controlled injury beneath the surface of the skin. It triggers a healing response that causes the production of new collagen. It strengthens the skin and the underlying muscle known as the SMAS. To understand how this works, think of how your body responds to

injury caused to muscle fibres after a workout. The muscles grow stronger and become more toned. Ultherapy is the only FDA approved treatment for lifting the skin and it works great on the neck!

4. Fotona for Lines and Texture:

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5. Nefertiti Neck Lift for Neck Bands:

As we age vertical bands that run from the jawbone (mandible) to the collarbone (clavicle) can appear in the neck. Known as Platysmal bands they may be thin or thick and look tight and stringy in appearance. A popular treatment known as a Nefertiti Neck Lift can relax these tight bands to smooth out the appearance of the neck. It involves small injections of a medication known as a neuromodulator. Skinpossible uses the Botox brand.

Queen Nefertiti had a beautiful neck and you can too! If you would like to learn more about any of the above treatments and what they can do for you, call and book a consultation. Our style of consultation is educational and we will give you all the information you need to make an informed decision. Evening and weekend appointments are available. Consultations are free and so is parking. ©Skinpossible 2016

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2. Skinny Chinny



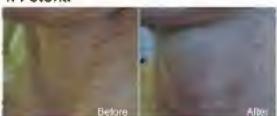


3. Ultherapy





4. Fotona



5. Nefertiti Neck Lift



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Tech on trial could green oilsands

ENERGY

Radio waves separate oil from bitumen without water

With oil prices still coasting below the realm of profitability for many oil companies, the industry is laser-focused on shrinking its cost margins any way that it can. Today, almost all of those gains are happening in the technological efficiency space.

And that's where we find Acceleware, a Calgary-based clean-tech and seismic-imaging company that is hoping to change the way oil sands firms get heavy oil out of the ground in Western Canada.

In mid-June, Acceleware joined forces with GE to launch a pilot project for Acceleware's patent-pending radio wave-heated in situ oil sands technology, which, according to the company, could save oil sands producers billions in fuel and water costs associated with traditional steam heating.

"The fundamental thing here is that this is a way to produce



Acceleware's Mike Tourigny is confident that, with a major partnership now in place, Acceleware's patent-pending technology will get results in the oil sands. BLUEFISH STUDIOS

oil sands and any heavy oil with less power, which leads to less greenhouse gas and lower costs, and it is an opportunity for the Alberta oil industry specifically, but it applies to other oil deposits around the world, says Acceleware vice-president Mike Tourigny.

"We are aware of the image that the oil sands have gotten as dirty oil; not only can we make that clean oil — as clean as oil can be — but we can bring some profit back to the industry."

Tourigny estimates the savings that RF technology can provide is a 66-percent cost reduction over the industry average for SAGD. Where GE comes in, is in the provision of next generation silicon-carbide electronics for the RF system, which Acceleware believes will be ready for wide-scale adoption in three to five years.

"It's like an inside-out micro-

ALBERTA OIL

wave," Tourigny says. "In the same way that your microwave heats your food, it heats evenly; that's how this technology works. It's going to heat the water in the formation and then that water is going to warm the oil and the oil will move, so the big advantage is that those radio waves travel through oil and rock evenly."

Of course, radio-frequency technology is nothing new in the oil sands. In fact, it's been studied and tested for decades. But Acceleware is hopeful that having the R&D muscle of a major corporation like GE behind this project will help advance the technology well beyond where it is today.

And in the meantime, Acceleware isn't resting on its laurels, either. The company's oil and gas applications remain strong in the areas of electromagnetic modelling, seismic reservoir imaging and complex computer analytics. Should the RF heating technology take off, it'll be just one more technology that Acceleware can add to its oilfield suite.

As important as saving on costs is today, saving on greenhouse gas emissions is nearly as essential - and failing to do so can be nearly as expensive. Because Acceleware's RF heating technology is fully electric, it has the potential to cut traditional SAGD emissions by 50 to 100 percent.

"We are more energy efficient in delivering heat to the reservoir because there's less losses due to steam travelling down a pipe and we can do it with less energy, Tourigny says.

In the same way that your microwave heats your food, it heats evenly; that's how this technology works. Mike Tourigny

Laid-off? Re-engage in the workforce

Re-engage is a series of workshops led by Calgary Economic Development and Alberta Human Services designed to help support laid-off professionals and skilled trades workers as they re-engage back into the job market.

To learn more, visit: calgaryeconomicdevelopment.com

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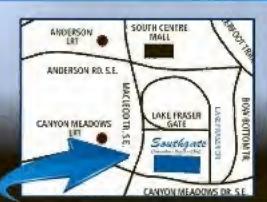
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Sayisi Dene participate in a church service around the Duck Lake post in 1947. The apology

comes with a \$33.6-million settlement. Hudson's Bay company archives via Torstar News Service

Government forcibly relocated First Nations group

The Canadian government has apologized and will provide millions in compensation for the forced relocation of the Sayisi Dene First Nation 60 years ago in northern Manitoba.

The move has been widely blamed for causing unnecessary deaths, hunger and a wave of violence that swept through the community.

Indigenous and Northern Affairs Minister Carolyn Bennett is fulfilling an agreement reached three years ago with the Sayisi Dene, a community of about 300 people living in northern Manitoba. Bennett is apologizing three times at events in Winnipeg, Churchill and Tadoule Lake.

"Without proper consultation, without explanation and

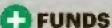
without adequate planning, the federal government took your people from the land and the waters that sustained you," Bennett said in prepared remarks delivered in Tadoule Lake on Tuesday.

"The government of Canada did not provide proper food, shelter or support following the relocation. Decades later, we recognize that the impacts of the relocation were catastrophic."

"It is unbearable to consider what you lost during the years in Churchill," Bennett said. "No one, and no people, should have had to experience such treatment in Canadian society."

Chief Ernest Bussidor was born one month before his family and about 250 other residents were forced from their homes in Duck Lake, Man., in 1956, to an icy riverbank near Churchill, Man.

"I probably witnessed a lot more tragic events than I should have ... and most of us of that generation have that same notion," Bussidor said. "A lot of children died. That kind of stuff



The apology comes with a \$33.6-million settlement package, aimed partly at economic development, approved by the community three years ago.

never leaves you."

The Sayisi Dene were relocated about 250 km east because the provincial and federal governments believed they were causing a steep decline in the caribou herd — which was later proved to be untrue. In their new location near Churchill, food was scarce and housing inadequate. Many of the Dene lived in tents, scavenged the local dump for meals and were assaulted by Churchill residents.

About one-third of the relocated Dene died "as a result of poverty, racism and violence," the Manitoba government said. in a 2010 apology.

TORSTAR NEWS SERVICE/



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A phorid fly larva emerges from its dead host, a honeybee, after attacking the bee's brain and eating its insides.

SAN FRANCISCO STATE UNIVERSITY/CONTRIBUTED

Zom-bees now in B.C. backyards

ENVIRONMENT

Already at risk, bees now under attack from parasitic flies



Wanyee Metro Vancouver

Zombie bees are a beekeeper's worse nightmare and this summer they have been spotted for the first time in Canada in Nanaimo, B.C.

Sarah Wallbank had just started her honeybee hive in her backvard three months ago when she noticed a few bees acting strangely — they were buzzing around a nearby light after dark.

"They were quite frantic about the way they were flying into the

They were quite

frantic about the

way they were

Sarah Wallbank

light so I didn't think that was normal."

Wallbank built a light trap to collect the disoriented bees, which consisted of putting flying into the light. an LED lightbulb in a bucket and

setting it down near the hive. She collected 16 dead bees in

one night. She put them in jars and sure enough, after a week, 42 maggots emerged from the bees' dead bodies — Wallbank's hive was infected with zombie bees.

The parasite responsible for putting the bees into a zombielike state and eventually killing them is called the phorid fly.

It lays its eggs in bees and when the eggs hatch, larvae attack their host's brains, causing the bees to act disoriented, according to John Hafernik, a biology professor at San Francisco State University, Meanwhile, the larvae eat the bee's insides for about a week until they are ready to emerge and turn into flies.

The phorid fly traditionally targets bumblebees and various kinds of wasps but six years ago, Hafernik discovered the fly can lay its eggs in honeybees, too.

Honeybees are already under threat in North America due to mites, viruses, fungal diseases, and pesticides, said Hafernik.

If too many worker bees are infected with this parasite, the whole hive can collapse, he said.

"The worry here is that a large number of workers in any one hive will get infected by the fly and if that happens, that could affect the health and survival of

> the hive itself." Hafernik

started a citizen science project called Zombee Watch four years ago where people are asked to send in photos or samples of

zombie bees to the university. The phenomenon had only

been recorded in parts of the U.S. but thanks to Wallbank's discovery in July, scientists now know the fly is attacking honeybees further north as well.

"We think this is something that could be an issue for honeybees not only for B.C. but also in the eastern part of Canada," said Hafernik.

Trudeau on liberties, security

An alleged terrorist plot in Ontario that created anxieties over police monitoring of suspects hasn't shaken Prime Minister lustin Trudeau's emphasis on balancing civil liberties with public safety.

In his first reaction to an alleged plot that led to the death of Aaron Driver in Strathroy, Ont., Trudeau said Tuesday that balancing individual rights with keeping Canadians secure from bombing threats has to be han-

"Canada is a country that values its freedom (and) its basic charter rights." he said during a stop in Bridgetown, N.S., for an infrastructure funding announcement. "All Canadians expect their government to do two things: to keep Canadians safe and to defend and uphold the values and rights that all Canadians hold dear."

"Getting that balance right isn't always easy in the challenging situation we now live in but it's extremely important."

Last week, the RCMP fielded media questions about why it was the FBI and not the Mounties who discovered a video that led them to Driver, who police said had threatened to detonate an explosive in an urban centre.

Driver died Wednesday night after a confrontation with police that saw a bomb detonated in a taxí cab.

THE CANADIAN PRESS



Liberal lawmaker Mauril Belanger dies

Mauril Belanger, a Liberal member of Parliament for more than two decades, has died. Prime Minister Justin Trudeau called Belanger "a great friend, tireless MP and brave fighter." Belanger died after a public battle with ALS, commonly known as Lou Gehrig's disease.

THE CANADIAN PRESS



No securit and shall that all prices include this but not use. Only disables of their or business. See bostor for complete details.

Earth hits record high heat

CLIMATE CHANGE

July 2016 was the warmest in recorded history

Earth just broiled to its hottest month in recorded history, according to NASA.

Even after the fading of a strong El Nino, which spikes global temperatures on top of man-made climate change, July burst global temperature

NASA calculated that July 2016 was 1.51 degrees Fahrenheit (0.84 degrees Celsius) warmer than the 1950-1980 global average. That's much hotter than the previous hotter

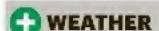
months, about 0.18 degrees warmer than the previous record of July We are moving into 2011 and July an era where it will 2015, which were so close they were said to be in a tie or year isn't one of for the hottest month on record, said NASA chief climate

ASK ABOUT OUR EVENING CLASSES

scientist Gavin Schmidt.

Scientists blame mostly manmade climate change from the burning of fossil fuel with an extra jump from the now-gone El Nino, which every few years is a natural warming of parts of the Pacific Ocean that changes weather worldwide.

Georgia Tech climate scien-



NASA's five hottest months on record are

- July 2016.
- July 2011
- July 2015
- July 2009 August 2014
- Only July 2015 was during an El Nino.

tist Kim Cobb said this is significant "because global temperatures continue to warm even as a record-breaking El Nino event has finally released its grip."

This is the 10th record hot month in a row, according to NASA. The National Ocean-

> ic and Atmospheric Administration, which calculates temperatures slightly differently, will come out with its July figures on Wednesday. NOAA has figured there have been 14 monthly heat records

broken in a row, before July.

"The scary thing is that we are moving into an era where it will be a surprise when each new month or year isn't one of the hottest on record," said Chris Field, a climate scientist at the Carnegie Institution and Stanford University.

THE ASSOCIATED PRESS



With so many questions swirling about the huge price tag on stadiums for South America's first Olympics, renowned chef Massimo Bottura wanted to make his own statement about the Games' sustainability. SILVIA IZQUIERDO/THE ASSOCIATED PRESS

Master cheffeeds homeless with excess Olympic food

Twelve hours ago, Fagner Dos Santos ate his last meal: two hardened bread buns and coffee. For much of the past decade, the 33-year-old has been battling drug addiction while living on the streets of Rio. When he eats at all, it's usually at a grungy soup kitchen or after picking through the trash.

Now he and some 70 other homeless men are feasting on a three-course meal courtesy of one of the world's top chefs. On the menu: Ossobuco with buttery baroa potatoes topped off with a gelato dessert.

"Who would've thought food made for the cream of society would be served to a group of homeless men?" dos Santos said,

We want to rebuild the dignity of the people. Massimo Bottura

gazing at the open, art-filled dining room and waiters in prim orange aprons that for a short while transported him away from his tough life.

The gastronomic destination is the brainchild of Italian master chef Massimo Bottura. Using leftover ingredients from Olympic caterers and other local partners, Bottura created a gourmet soup kitchen, Refettorio Gastromotiva , that for a week now has been serving up meals to Rio's homeless population. The name is a play on the Latin word reficere, meaning "to restore," and a nod

to the communal dining rooms known as refectories that are a mainstay of monasteries.

With questions swirling over the \$12 billion price tag of South America's first Olympics, Bottura wanted to make a statement about the games' sustainability by taking on one symbol of Olympic waste: the more than 230 tons of food supplied daily to prepare 60,000 meals for athletes, coach and staff.

"This is a cultural project, not a charity," said Bottura, who runs the Michelia three-star Osteria Francescana in Modena. "We

want to rebuild the dignity of the people."

It's a message that resonates in Rio. Over the past year, as Brazil plunged into its deepest recession in decades, the city's homeless population has struggled. In June, facing a financial calamity, Rio's state government had to close or cutback service at 16 meal centres.

In contrast to the governmentrun centres, where meals are served on prison-like food trays with throw-away cups, the Refettorio is an epicurean's delight, complete with designer wood tables and a long mural of the Last Supper dripping in chocolate by one of Brazil's top-selling Artists. THE ASSOCIATED PRESS



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Chris Field

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Republican presidential candidate Donald Trump.

Trump 'real threat' to the system

U.S. POLITICS

Presidential candidate waging war on institutions

Donald Trump is fond of saying "believe me." He might as well add; don't believe anyone else.

Trump is running against Hillary Clinton. But he is also waging an extraordinary scorched-earth campaign against America's democratic institutions, a broad collection

of authorities he has made a systematic attempt to delegitimize.

them, he argues, can be trusted.

The media: "corrupt." The Republican

and Democratic primaries: "rigged." The general election: possibly going to be "rigged."

The judge presiding over a fraud lawsuit against him: "totally unfair." The FBI that declined to pursue an indictment of Clinton: "very, very unfair." The president: "the founder" of Daesh, also known as ISIS and ISIL-Climate change: a "hoax." The Environmental Protection Agency: a "disgrace." The unemployment rate: a "sham."

As campaign strategy, the appeal of such rhetoric is obvious: it allows the businessman to emphasize his independence from an unpopular establishment while also providing a ready-made explanation for inconvenient truths. But Trump's words, especially about the supposed unreliability of the election outcome, have left many experts on government profoundly alarmed.

"This is not just excessive rhetoric, or a bloviating ignoramus who happens to be a presidential candidate and is upset because he can't under-

stand how possibly he could be losing. This is a real threat to the fabric of None of excessive rhetoric, the political system and the republic," said Norman Ornstein, a prominent scholar

at the conserv-

windmobile.ca

Norman Ornstein

This is not just

or a bloviating

ignoramus.

ative American Enterprise In-

Trump's critics worry that the Republican presidential nominee is doing long-term damage to the credibility of entities essential to the country's democratic health. More pressingly, they fear that he is signalling a desire to undermine critical checks and balances in pursuit of autocratic leadership if he wins the presidency in November.

THE ASSOCIATED PRESS.

Suspect stashed gun in basement wall

The suspect in the "assassination" of an imam and his friend after they left a mosque had the murder weapon stashed in the wall of his basement apartment, investigators said Tuesday.

New York Police Department investigators determined the .38-calibre revolver was the weapon used in the ambush slayings near the Al-Furqan Jame Masjid mosque in the Ozone Park neighbourhood

of Queens, a prosecutor told a judge at Oscar Morel's initial court appearance.

"This was a most horrendous and despicable act that can only be described as a coldblooded, premeditated assassination," Assistant District Attorney Peter McCormack said.

Though the motive remained unclear, Queens District Attorney Richard Brown said the attack was being viewed as a possible hate

crime.

Morel, 35, "is accused of the murder of a highly respected and beloved religious leader and his friend as they walked home from an afternoon prayer service," said Brown, who met with family members of the victims on Tuesday.

"Their deaths are a devastating loss to their families and the community that they served as men of peace." THE ASSOCIATED PRESS

📢 DEADLY WAIT

Police believe Oscar. Morel waited near the mosque for eight minutes before Imam Maulana Alauddin Akonjee and Thara Uddin were shot in the back of the head. Authorities believe Morel fled in a black GMC Trailblazer.



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18 Wednesday, August 17, 2016

Business metr@NEWS

SMARTPHONES

Too many models released, poll says

Respondents in

China, Mexico and South Korea who said it is

smartphones to

be easily repaired if damaged.

important for

Consumers think smartphone makers are releasing too many new models each year, a survey showed Tuesday.

The survey conducted in six countries, commissioned by the environmental group Greenpeace, showed that more than half of those who responded would prefer to change their phones less frequently.

Handset devices are one of the most frequently replaced electronics products. The top cellphone companies, Samsung and Apple, launch new flagship phone models at least once every year, showing off the latest display and mobile processor technologies. Phone makers typically up-

grade their cheaper lineups as well.

"Over half of respondents across the countries surveyed agree that manufacturers are releasing too many new models, many designed to only last a few years," said Chih An Lee, global IT campaigner at Greenpeace East Asia. "In fact, most

IN BRIEF

Pokémon in his village

French mayor bans

A French mayor has

presence of Pokémon

Go characters in his

whole eastern village

citing security reasons

and ordered the game's

creator to comply with

Bressolles Mayor

Fabrice Beauvois said

Niantic Inc. and The

Pokémon Company.

THE ASSOCIATED PRESS

Tuesday that he mailed his

decree to California-based

the decree.

banned the virtual

users actually want their phones to be more easily dismantled, repaired and recycled."

Frequent introduction of new models was not necessarily a bad thing for South Korean Kwon SunHo.

"Even if each company releases one new phone every year or every six months, there are so many smartphone compan-

ies these days that it feels like new models are often released," the 24-year-old college student said. "I think it is a good phenomenon because it drives down the prices of older products."

The survey revealed some differences in attitude toward phone repairs across

countries. Chinese and South Koreans were more likely to have had their phones repaired than in the U.S. or Germany.

Nearly half of respondents in all six countries believed that phone manufacturers should be more responsible in making recycling of their phones easier. THE ASSOCIATED PRESS



The new Canada Post agreement with its postmasters includes a defined contribution pension plan. THE CANADIAN PRESS

Arbitrator accepts Canada Post's side

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natural gas: \$2.62 US (+30) DOW JONES: \$8,552.02 (-84.03) LABOUR DISPUTE

Union says decision 'sad day' for rural postmasters

An arbitrator has accepted Canada Post's proposal for a new collective agreement with its postmasters and assistants in rural offices across the country.

Key changes under the agreement include a defined contribution pension plan for new employees represented by the Canadian Postmasters and Assistants Association.

There are also changes to entry-level wages for new CPAA members as well as an increase in the employees' share of contributions towards post-retirement benefits.

Canada Post says there's a "modest" wage increase for current employees - but details weren't announced.

The union represents 5,000 rural postal service employees. It had agreed to break a bargaining impasse by having arbitrator Michel Picher make the final selection after both sides presented their proposals.

Union president Brenda

McAuley said in a telephone interview from Ottawa that the arbitrator's decision is a "really sad day for the Canadian Postmasters and Assistants Association."

She said that new members in her 114-year-old union won't have the security of a defined benefit pension. She also lamented having one pay scale for new hires and another for established employees.

"We went to final-offer arbitration because we did not want to sell out the next generation of Canadian workers," McAuley said

But she views it a "done deal" because "the arbitrator's decision needs to be respected."

The Crown corporation remains at odds with its largest union, the Canadian Union of Postal Workers (CUPW), which is the only remaining employee group that hasn't accepted a defined contribution pension plan for new employees.

CUPW, which represents 50,000 workers, has been determined to keep defined benefit pension plans for newer workers.

McAuley said the bigger CUPW union are fighting the same battle with Canada Post.
THE CANADIAN PRESS



we did not want to sell out the next generation of Canadian workers. Union president Brenda McAuley



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METHINS

Your essential daily news

Wednesday, August 17, 2016

ROSEMARY WESTWOOD ON RECONSIDERING WHITENESS

Feeling uncomfortable. Feeling left out. Feeling diminished. Feeling wrong. All of these are correct, reasonable, and healthy reactions to being white right now. This is what it feels like to be forced to listen.

In retrospect, this could be viewed as the year of recalcitrant whiteness.

It's evident most noisily in America, where a conversation fuelled by police killings of black Americans cross-bred with the Republican Party's typical play for white Christian votes, and under the toxic orange glow of Donald Trump, mutated into an ungainly, vitriolic, spitting monster.

It's evident here, too. Black Lives Matter organizers drew the ire of Canadians who imagined we'd somehow escaped the U.S.'s anti-black bias; the Missing and Murdered Women and Girls inquiry underlines the extreme violence white women just don't see; the killing of an indigenous man by a white farmer in Saskatchewan sparked racial tensions in that province into flame.

I also feel it in myself. I was raised in Victoria, a city I've long imagined could be the whitest place in Canada. I grew up devoid of any sophisticated sense of race. The sprinkling of diversity in my schools went largely unnoticed, as innocuous as the odd birch in a forest of cedar. Equality among us was assumed, as was our Canadian immigrant identities and their neutral impact on the country. In one juniorhigh social studies class we were directed to research how and when our families came

This year, more than any, has troubled my sense of whiteness. Frequent criticisms

to Canada. Perhaps you can

guess this: There were no in-

digenous pupils in the class.

The thing about contemplating one's whiteness in 2016 is that it's supposed to hurt.

of my "white feminism" have revealed weaknesses in my politics. Covering Toronto's Black Lives Matter protests underlined how uniform and narrow white Canadian media analysis can be, and forced me to question what I do and do not have any business writing about. This year's suicide crises on indigenous reserves drew both horror at the suffering and cynical

posed to hurt.

Feeling uncomfortable.
Feeling left out of the conversation. Feeling diminished.
Feeling wrong. All of these are correct, reasonable, and healthy reactions to being white right now. This is what it feels like to be forced to listen. This is what it feels like to no longer be the sole centre of attention. This is what it feels like to be rightly



WHAT'S YOUR POINT? A protester brandishes an "All lives matter" sign at a Black Lives Matter rally in Panama City, Fla., in July. Social movements in Canada and the U.S. are forcing white people to think of themselves in new ways. AP

suggestions that indigenous Canadians bring all ills upon themselves. And since conditions on reserves don't change between one suicide crisis and the next, both responses can be read as expressions of white privilege.

White privilege. I don't use that term lightly. And I realize it's likely to blow the skull of any white person who's sick and tired of being called white as if it's a bad thing. They've likely already stopped reading, but I will address them on the off chance they're still around: The fact that you are deeply upset proves the problem. The thing about contemplating one's whiteness in 2016 is that, for perhaps the first time in centuries, it's supaccused of dominating the country on morally shaky ground. In the colonial beginning, there was racism. It was at the root of residential schools, early immigration practices, early slavery laws. Despite our best efforts to pretend otherwise, that racism endures.

I wouldn't want to be called a bigot either. I don't want to be told my country is, among other wonderful things, dyed with discrimination. Who does? But bias has been built into this nation, and we all exist on its spectrum. Internally, too, we are all biased. And the worst thing any of us could do is pretend otherwise.

People living in Saskatchewan this week don't have that luxury. On Sunday Brad Wall, the province's premier, in the kind of aspirational sentiment common to our politics, said that "racism has no place in Saskatchewan" before explaining exactly what place it does hold. "In the wake of a shooting near Biggar, there have been racist and hate-filled comments on social media and other forums," he said in a statement.

In comments to the StarPhoenix newspaper, one woman expressed her support for the alleged shooter before making this racially tinged yet opaque comment: "Nobody should have died, but we knew it was going to come to this. Things are out of control." Who is "we"? What is "it"? And why did "it" have to end in a shooting? What, exactly, is "out of control"?

It's a question that also applies to the U.S., to Trump's campaign, to his cult-like supporters. And some fairly convincing answers can be found in a new book. In The End of White Christian America, the religion researcher and pollster Robert P. Jones traces white Protestant Americans' "waning cultural influence" and the ensuing anxieties and fears that run so deep, even a 2014 Coke ad about America's diversity was a "provocative act." As Jones elaborated in a New York Times op-ed: "The apocalyptic rhetoric is fueled by energies that are unleashed when a long-dominant group senses the looming end of its era."

Do not think that those apocalyptic and xenophobic sentiments belong only to America. I have heard them myself, and never more loudly than this year: white people are the most discriminated against, white Christian faith is under attack. These are the feelings of those who sense a slipping grip on power, and who have not yet imagined in what ways that might be a good thing.

Grits' holistic anti-terror aims traceable to Harper



Paul Wells

So far on terrorism, Justin Trudeau is more or less the prime minister Stephen Harper told us he would be.

On the very day Trudeau became leader of the Liberal Party of Canada, in April 2013, he sat in Ottawa for an interview with Peter Mansbridge of the CBC. Two bombers had just detonated their homebrew contraptions at the Boston Marathon, killing three and wounding hundreds.

How would you respond if you were PM, Mansbridge asked. "Over the coming days," Trudeau replied, "we have to look at the root causes."

That language seemed designed to ruffle Conservative feathers. But Trudeau was not done. "There is no question that this happened because there is someone who feels completely excluded. And our approach has to be, where do those tensions come from?"

That was all Stephen Harper needed. In London he told reporters: "When you see this kind of violent act, you do not sit around trying to rationalize it or make excuses for it or figure out its root causes. You condemn it categorically."

A week later, Harper piled on. "This is not a time to commit sociology, if I can use an expression. ... I don't think we want to convey any view to the Canadian public other than our utter condemnation of this kind of violence."

Two years later Trudeau won the election. Last week the RCMP shot and killed Aaron Driver in Strathroy, Ont., and we have had a chance to see how Trudeau handles terrorism.

To a great extent, in any public sense, he doesn't. It's Ralph Goodale, his minister



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of public safety who has been the government's face in the aftermath of Strathroy. Nevertheless, it's striking how much time Goodale has spent talking about sociology.

In a long weekend news release, Goodale first reassured Canadians that the police had done their job well and that Canada's threat level is no higher than it has been for a year and a half. Then: "We need to know how to identify those who could be vulnerable to insidious influences that draw certain people — especially young people — toward extremism leading to violence.

"We need to understand what positive messages can counteract that poison."

Inconveniently for fans of political caricature, the academic work into counterradicalization that turns Goodale's Liberal crank is already well begun — thanks to Stephen Harper.

In June 2011, Harper announced the Kanishka Project, a \$10-million research program on terrorism. Work funded by the Kanishka Project included the Canadian Network for Research on Terrorism, Security and Society, whose co-director, Lorne Dawson, has said "the actual research has consistently shown that sociology is the better way to go."

Harper low-bridged the sociology while playing up the law and order, but he did both. Trudeau reverses the emphasis, but he does both.

Sociology offers no guarantees. Utter condemnation didn't either. Trudeau's record on terror will be told over four years at least. But his way is no accident. His government's behaviour this week is in a straight line from those remarks be made in 2013.

Paul Wells is a national politics columnist for the Toronto Star.



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Your essential daily news

In her book released Tuesday, Amy Schumer writes she experienced slut-shaming while doing press for Trainwreck. "Maybe it was just a cultural thing that made the foreign journalists seem out of line. Some interviewers brought this vibe: 'Well, you talk about sexual subject matter in your movie, so I can say anything I want to you."

Wednesday, August 17, 2016

It's time for a ramen revolution

INTERVIEW

New cookbook aims to help students save money, eat better



Yvette d'Entremont Metro | Halifax

Takeout-inspired sesame chicken. Creamy macaroni and cheese with butternut squash. Sriracha pulled pork tacos with pineapple salsa.

Not your typical student fare and a big step up from hotdogs and packaged noodles, but those are among the cheap, easy and nutritious recipes on offer in a new book released Monday by Halifax dietitian Krista McLellan.

With the appetizing title World Food For Student Cooks, it dishes up a helping of those recipes drawn from a variety of international cuisines, including Indian, Thai, Mexican and Middle Eastern.

McLellan said the recipes in

her first book are flavourful, fun to make, and use everyday kitchen staples and readily available ingredients.

"Obviously food impacts our health, so if we can make delicious, fun, healthier versions of some of those takeout and food truck favourites, then that's definitely a good thing," McLellan said in an interview Monday.

"And you save some money. There are a lot of other places for money to go when you're a student."

The book was inspired by McLellan's personal experiences as a student living in some of Canada's most multicultural cities, including Toronto and Ottawa.

"Canada is definitely a melting pot of different cuisines, and younger generations really appreciate that," she said.

"Also, eating out all the time is really expensive and also does not give a lot of control in terms of the healthfulness factor."

McLellan believes home cooking is making a comeback and she wants to help grow that trend with a younger generation.

"Being able to develop some healthy habits as they foray into their new life as an independent adult who doesn't rely on mom and dad for their food is probably a really good thing," she said.

"There is a good mix. from things that can be made ahead of time, batch cooked and kind of pulled out of the freezer at exam time, to things that can be thrown together in a couple of minutes."

The more than 170 recipes featured in her book include snacks, appetizers, breakfast, desserts and main dishes.

World Food For Student Cooks retails for \$16.95 and is available now at campus bookstores, Chapters-Indigo locations and independent bookstores across Canada.



Halifax dietician Krista McLellan has created a cookbook for students featuring flavours of the world. One of the dishes, Simple Sesame Chicken, is seen left. ZANE WOODFORD/METRO: HANDOUT



Obviously food impacts our health, so if we can make delicious, fun, healthier versions of some of those takeout and food truck favourites, then that's definitely a good thing Krista McLellan

Nothing says summer like ripe tomatoes, herbs, tangy feta and a lime-curry vinaigrette served atop a wedge of watermelon. Torstar News Service

ENTERTAINING

A salad that celebrates summer

Ricardo Larrivée

Torstar News Service

This weekend, why not invite some friends over for an outdoor dinner party? I've got the perfect recipe for you: a salad that celebrates the best of summer, made with juicy watermelon, ripe tomatoes, the tangy snap of feta, fresh herbs and a limecurry vinaigrette. The mix of flavours epitomizes the season and is a perfect alfresco dish — the secret weapon, however, is the presentation. Serve each of your guests an entire wedge of melon topped with the dressed tomatoes, cheese, basil and chives, and you've got yourself a showstopper of a salad guaranteed to

chef doesn't like that?

elicit oohs and aahs. And what

Watermelon Tomato and Feta Salad

Makes 6 servings

Ingredients:

- 1 large seedless watermelon*
- 2 tbsp (30 mL) olive oil
- 2 tbsp (30 mL) lime juice
- ¼ tsp (1 mL) curry powder
 Salt and pepper
- 2 large tomatoes, cut into wedges
- ¾ cup (115 g) feta cheese cut into large chunks
- 3 tbsp (45 mL) chopped fresh basil
- 3 tbsp (45 ml.) fresh chives cut into ½-inch (1 cm) pieces

Directions:

- **1.** On a work surface, cut a 1-inch (2.5 cm) thick slice of watermelon lengthwise. Place in the middle of a large serving platter and set aside.
- **2.** In a large bowl, combine the oil, lime juice and curry powder with a whisk. Season with salt and pepper.
- **3.** Add the tomatoes, feta and herbs. Toss to coat thoroughly with the vinaigrette and adjust the seasoning.
- **4.** Arrange the tomato salad over the watermelon slice. When ready to serve, cut into wedges.

Jackfruit: Big, bad and delish

RECIPE

Don't be afraid of this spiky fruit, cook it in a curry instead

We interrupt our local season to bring you one of the world's biggest, baddest-looking fruits, which happens to be right at home in this tropical weather.

Whole Foods Market produce buyer Stuart Coleman fell in love with them 20 years ago in his native Australia.

Long and slightly kidneyshaped, armed with brown-yellow spikes and weighing up to 40 kilos each, they're impossible

Though they share the same spikes as a durian, jackfruit doesn't smell like a hockey bag. Instead, it gives off a mild fragrance somewhere between banana and pineapple.

It may even have inspired Juicy Fruit gum! "The first time I had jackfruit I couldn't believe it, it tasted just like caramel it was that sweet," says Coleman, who's noticed a spike in sales since he began selling the weird fruit regularly in his Ontario stores.

lt seems jackfruit is popular with vegans, who find its slightly rubbery texture and exotic flayour makes a satisfying meat substitute.

The monster fruit also resonates with the Whole Foods buyer with its sustainability factor.

Coleman says jackfruit can be eaten green or ripe, the wood from its tree contains a natural dye and the seeds can be roasted and eaten like nuts, made into chips or dried and ground

Since the Mexican fruit he's



This spicy jackfruit rice bowl serves four. TORSTAR NEWS SERVICE

trucking in at the moment weighs between 23 and 29 pounds (10-13 kg), he's cutting it into "grab and go" slices.

Coleman does admit the fruit still requires "a bit of maintenance" when you get it home.

Spicy Jackfruit Rice Bowl

Though jackfruit is fun to eat raw, it takes on a whole new dimension when cooked in this Whole Foods recipe. If you don't like spicy food, remove the seeds from the hot pepper before using.

Ingredients:

- 1 tbsp (15 mL) canola or vegetable oil
- 1 medium white or sweet onion, diced
- 4 cups seeded, diced fresh jackfruit
- 1 serrano or jalapeño pepper,
- 1 1/2 tsp (7 mL) chili powder
- 1 tsp (5 mL) salt
- 1/4 cup (60 mL) fresh orange
- 2 cups (500 mL) cooked brown
- 1/2 cup (125 mL) chopped fresh

cilantro

Garnish: lime wedges

Directions:

- 1. In a large skillet, heat oil over medium heat. Set aside one-third of the chopped onion for gamish; add remaining onion to skillet and cook, stirring, until golden brown, about 6 minutes. Add jackfruit, serrano, chili powder and salt. Cook, stirring, for 1 minute. Add orange juice, cover and simmer, stirring frequently, until jackfruit is very tender, 20 to 30 minutes. Add water 1/4 cup (60 mL) at a time if mixture gets dry.
- Divide rice among four bowls. Top with jackfruit, reserved onion and cilantro. Serve with lime wedges.

You can also substitute fresh jackfruit with two 20-oz (590 mL) cans of drained and finely diced young green jackfruit. Just double the amount of orange juice to preserve the sweet-spicy flavour balance.

TORSTAR NEWS SERVICE

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Popcorn

Popcorn can be a healthy light snack or one loaded with calories, fat and sodium - choose wisely!



Orville Redenbacher's **Smart Pop Gourmet** Popping Corn (5 cups)







Equivalent to Manchu Wok's Black Pepper Chicken in sodium.

There's nothing smart about Smartfood. The addition of excess vegetable oil, cheese and salt takes this from a natural healthy snack to a fat & salt-laden disaster. It's always better when you can control what goes on your food - pop the popcorn yourself by using the package microwayable packets. If you do want more flavour, just add some finely grated parmesan cheese and your favourite spices.

(1) LIQUID ASSETS

Zin and ribs: A perfect pair

Few red grapes have as exotic a backstory as Zinfandel.

Originating in Croatia (where it goes by the tongue-twister of a name Örljenak Kaštelanski), it was christened Primitivo when it found its way to Italy and finally called Zinfandel after being introduced to California's vineyards in the early part of the 19th century.

When Cali's Sutter Home Winery discovered that limited exposure to the

grape's dark skin gave its juice a people-pleasing pink hue, Zinfandel's reputation as a base for "serious" red wines seemed to be immutably damaged.

Slowly, but surely, Zin become America's red, even though its broad range of personalities



(everything from chocolatey to spicy) can be polarizing.

While matching surprisingly well with a wide variety of dishes, Zinfandel is a natural mate with barbecued ribs, especially when they are lathered in sweet, saucy goodness.

The Michael David Winery loves a pun, and its 2013 The Seven Deadly Zins (\$22.49-\$24.99), with its dried red fruit and long trail of pepper spice, is rib-tastic.

PETER ROCKWELL/METRO



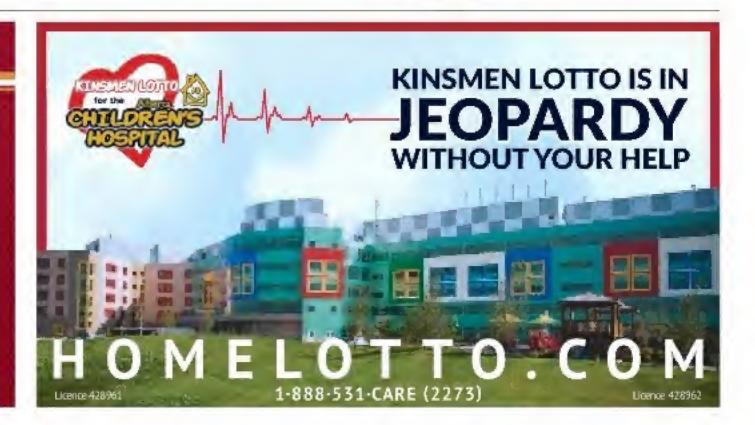
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LaCrosse wants to shake stigma



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LEAVEIT

- Lack of LED headlights
- Safety feature availability Rear seat headroom

REVIEW

Buick overhauls image with good looks



You'd be forgiven if Buick wasn't the first brand to spring to mind when thinking about luxury vehicles.

That is something Buick hopes to change - and soon. It's already got some momentum going, with the Cascada convertible in the U.S. and Envision midsize crossover signalling the start of an aggressive rollout that will see seven new or refreshed products hit showrooms by 2018. But there may be none more important than the 2017 Buick LaCrosse.

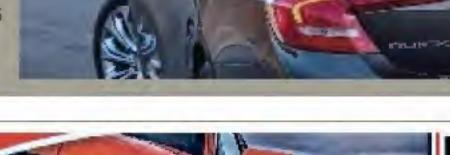
It's no secret that Buick is overhauling its image in an attempt to shed the stigma, at least in North America, of serving society's senior citizenry. To do so starts with good looks, something the new LaCrosse has in spades. It begins with a new grille design that scales back the toothy grin of old for a more refined shape. The grille is also

where the LaCrosse's character lines begin and end, tracing all the way around the full-size sedan to accent its sleeker, elongated proportions. The car itself is only 15 millimetres longer than the outgoing version, but has a stance that would lead you to believe otherwise.

The LaCrosse's exterior overhaul was about more than just a new form, though, with a host of changes made to improve its overall function. The car weighs 136 kilograms about the weight of a side-byside refrigerator — less than the last generation thanks to the expanded use of high-strength steel, while outward visibility has been vastly improved thanks to narrower A- and C-pillars.

The new engine features idlestop technology and cylinder deactivation to reduce emissions and improve fuel economy. That means the engine automatically shuts off when the car is stopped, and only runs on four cylinders when cruising at highway speeds. Power delivery is smooth if a little slow at times.

Put the whole package together, and the LaCrosse handles long trips with ease, gobbling up bumps as eagerly is it carves a corner and does it with style. It's not as sporty as the turbocharged Buick Regal, but it's composed and capable of providing at least some level of engagement.







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'Race of Champions' heads to Manitoba



DESIGN FISKER GETS A REFRESH, NEW NAME

freshed version of the Fisker Karma,

Automotive was created from the

the company was sold to China's

Wanxiang Group. Updates to the

car include an improved solar roof

launched back in 2011. Karma

ashes of bankrupt Fisker when

Winter sport driving coming to Canada

Previously only offered in Sweden, the AMG Winter Sporting Driving Academy is heading to Canada. Enthusiasts will be able to experience a selection of AMG models on the icy surface of Lake Winnipeg in Gimli, Man. During the program, Lake Winnipeg will be transformed into what AMG calls an "uncompromising, frozen terrain where adrenalinecharged curves and apexes modelled from world-famous racetracks will be recreated in milled ice." Participants will gain valuable experience with controlled driving safety and dynamics that will culminate in a "Race of Champions." JASON SIU/AUTOGUIDE.COM.



Tesla may go fully auto

The next-generation Tesla Autopilot will receive upgrades in the hardware department. According to a report, Tesla Autopilot 2.0 will feature new hardware that includes a new sensor suite to enable level 3 autonomous driving, and potentially level 4 fully autonomous driving. JASON SIU/AUTOGUIDE.COM



DEPRECIATION

Colour boosts car's resale value: Study

When it comes to a car's resale value, brighter and more unusual shades like orange and yellow actually hold their value better, a new study says. And before you think that's because orange and yellow are typically reserved for luxury and exotic vehicles, the two shades had the least depreciation across virtually all body styles and market segments.

JASON SIU/AUTOGUIDE.COM

vealed. While it is being touted as a new car, the Revero is in reality a re-

Fisker Karma reborn

The new Revero from Karma Auto-

motive, formerly known as Fisker

Automotive, has been fully re-

as Karma Revero

How the gaming industry is making driving more fun

for collecting energy, an all-new

infotainment system and a set of

reveal all of the details, though a

handpainted badges. Karma didn't

count down on its website suggests

that the car will be fully unveiled on

Sept. 8. STEPHEN ELMER/AUTOSUIDE.COM



Sami Haj-Assaad AutoGuide.com

Imagine if cars were just made for transportation duties. All we would see on the roads are boring boxes on wheels. Fortunately, that's not the world we live in, and car designers have made sure that our cars are fun.

That fun can be found in the exterior appearance, the performance and the handling, but automakers are also putting in little games into cars to help lighten up the load of driving and make it more entertaining. Not only that, but cars are getting video game-inspired tweaks that help the vehicles appeal to a wider audience: one that grew up with a gamepad in their hands.

For example, the Nissan GT-R's central display screen features graphics and visuals designed by the same team behind the popular Gran Turismo games for Playstation. Here's a look at what some other companies are doing:

Veloster Blue Max game

Many cars are using games to encourage drivers to be more fuel efficient. Hyundai and the earlier iteration of the Veloster had one of the more



The Nissan Concept 2020 Vision Gran Turismo. Automakers creating concept vehicles for the video game is just one way gaming is influencing cars. AZUHIRO NOGIKAZUHIRO NOGI/AFP/GETTY IMAGES

interesting applications, as net points. there's a hidden game in the settings that awards points to efficient drivers. Actions like coasting, changing into the correct gear at the right time, and accelerating and braking smoothly would all

Mustang line lock and track apps

Gamers can probably all admit to trying a few radical things in racing games, like say, meaty burnouts. But

doing stuff like that in the real world isn't as easy as it looks in the games. Fortunately, new cars are coming with tools to help make you look like a video game action hero. Take the new Mustang with the perform-

VISION GRAN TURISMO

If you need any more proof that the world of cars and video games are converging, take a look at the Vision Gran Turismo program.

Concept cars

Automakers are creating awesome concepts for the Gran Turismo video game, then making them into real things to display at auto shows and other events.

IRL

Some automakers are even using the Vision GT concepts to influence their real cars.

ance package and track apps, for example. Thanks to an easy-to-use, video game-like interface for the electronic line-lock function, you can easily learn how to safely do burnouts without reading an entire owner's manual. Of course, this feature is better suited for the track.

Corvette performance data recorder

A cool feature in racing games is the ability to record your lap times and compete against them. Corvettes are starting to incorporate some of that idea with the available Performance DataRecorder, or PDR. In simple terms, it's an integrated GoPro camera that can overlay info like your throttle position, g-forces, steering angle, location on

the track and your speed on the video footage.

Chevrolet Volt balance ball

The Chevrolet Volt is an extended range electric vehicle. In simpler terms, it's a plug-in hybrid vehicle with a beefy electric battery and a gaspowered engine that kicks in once the battery is depleted. The biggest goal of cars like this is to maximize range, and Chevrolet's dashboard game helps coach drivers to be more energy efficient. It works by displaying a ball on the digital gauge cluster. If you accelerate too quickly or brake too suddenly, the ball moves up or down. The goal is to keep it perfectly centered for as long as you can. Achieve that, and you'll maximize your range!



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"How much did they charge you bro??" Irish boxer Michael Conlan tweeted at Vladimir Putin after his questionable loss to Vladimir Nikitin



Canadian blur — Andre De Grasse of Markham, Ont., was the fastest man in qualifying for the 200 metres (20.09) on Tuesday. MARK BLINCH/DOC/THE CANADIAN PRESS

Cushy landing — Christian Taylor of the U.S. won gold in the triple jump (17.86 metres). ANTONIN THUILLIER/AFP/GETTY IMAGES

Strong finish — Oakville, Ont.'s Adam van Koeverden won the consolation final of the men's single kayak 1,000 metres. BUDA MENDES/GETTY (MAGES

Clutch throws — Sandra Perkovic of Croatia escaped early elimination twice before producing last-ditch throws the longest 69.21 metres to win the women's discus. FRANCK FIFE/AFP/GETTY IMAGES.

French kiss of death — The Canadian women's basketball team had their tournament come to an end in the quarter-finals with a 68-63 loss to France.

PHIL WALTER/GETTY IMAGES





Drouin leaps atop podium

RIO2016

High jumper is the first male Canadian to win gold medal

A face slap or two and then a bounding run, a moment of spring upwards and a contortion backwards over the bar. That's how it worked Tuesday for Canada's Derek Drouin from his opening height of 2.20 metres that's well above a standard doorframe - to 2.38.

That's where he won his second Olympic high jump medal — this time gold.

All 15 men in the final cleared the opening bar but by the fifth height, 2.36 metres, there were only six men left. Even Drouin - who is known for being calm and betraying little emotion in competition looked thrilled to have cleared it.

When the bar jumped to 2.38 metres in the next round he knew he had a medal — it was just a question of colour - and he soared over the height, clearing it on his first attempt just as he had every other one.

Then he had to wait.

Qatar's Mutaz Essa Barshim and Ukraine's Bohdan Bondarenko both missed their first two attempts on the height.

Bondarenko, playing a game of chess as well as high jump,

skipped the next jump moving the bar to 2.40. He missed leaving him with the bronze and Barshim the silver.

Four years ago. under a different set of bright Olym-

pic lights, Drouin was the only Canadian to win a medal in all of athletics. This time he came as a headliner on the deepest track and field team Canada

has ever had. Even before 26-year-old from

Drouin's winning

jump, in metres

Corunna, Ont., started jumping, Canada had already doubled its London total with bronze medals won by Brianne Theisen-Eaton in heptathlon and Andre

> De Grasse in the 100 metres

— with several strong medal contenders still to come.

Drouin is the first male Canadian athlete at the Rio Games to win a gold medal. He joins swimmer Penny Oleksiak and

trampoline gymnast Rosie MacLennan.

It seems natural, likely even, that the reigning world champion in an event would win an Olympic medal the following year but

Drouin always maintained his past achievements would mean little here.

"I don't get any extra points for having done that," he said, of his gold at the

2015 Beijing world championships and bronze from the 2012 London Olympics. "lt's just show up on this day and try to be

the best." TORSTAR NEWS SERVICE

> won Canada's third gold medal in Rio. GETTY IMAGES

SOCCER

Canada denied upgrade of 2012 bronze

The Canadian women soccer team will look to defend the bronze it won four years ago in London after its bid to rise up the Olympic podium was derailed by Germany in a 2-0 semifinal loss Tuesday.

Goals by Melanie Behringer and Sara Daebritz on either side of halftime dashed Canadian dreams of reaching the final as the second-ranked Germans efficiently ended the Canadians' four-game win streak. Down 2-0 after 59 minutes, Canada came on in waves but was unable to

make ground before a sparse crowd at Mineirao Stadium.

Once the final whistle blew, tearful Canadian players were left to console each other on the field.

crap right now," said midfielder

lesse Fleming. "I wanted to

win a gold medal. But we're going to win bronze ... It sucks."

The Germans defended in

field. It feels like crap

"It feels like right now. I wanted ranked Canto win a gold medal.

Jesse Fleming

barrier, and then looked to counter-attack or just hammer the ball down-

numbers, with goalkeeper

Almuth Schult a formidable

The 10thadian women will rue the opening goal in

the 21st minute, a needless penalty conceded on a Kadeisha Buchanan sliding tackle. But Buchanan, who

plays a take-no-prisoners kind of game, had to cover a lot of ground just to get to the German as the Canadian defence was caught short.

The Germans will play No. 6 Sweden in Friday's final at the storied Maracana in Rio. The Swedes defeated No. 8 Brazil 4-3 on penalties after the game ended 0-0 following extra time.

Canada made history earlier in the tournament by defeating Germany for the first time after 12 consecutive losses.

THE CANADIAN PRESS

RIO in brief

Biles wins floor exercise to capture fourth gold medal

Simone Biles closed her Rio Olympics with more gymnastics gold.

Biles won the floor exercise Tuesday for her fourth gold of the Games - only the fourth Olympic gymnast to do so.

She added a bronze in the balance beam Monday in what marked the first day of a Summer Olympics since 2008 the United States didn't win a gold medal. THE ASSOCIATED PRESS.

Police find no evidence to prove robbery

Police investigating reports that American swimmer



Ryan Lochte GETTY IMAGES

Ryan Lochte and three teammates were robbed at gunpoint so far have found no evidence supporting the account.

Lochte insists

he has been upfront about what happened.

THE ASSOCIATED PRESS

Olympic silver medallist Juan Martin del Potro will return to the U.S. Open for the first time in three years after receiving a wild-card invitation

Harrison digs his heels in amid doping probe

Steeler says he won't answer questions, does not want ban

Pittsburgh Steelers linebacker James Harrison doesn't want to face a suspension. He is also not interested in talking to NFL representatives, either.

The NFL's senior vice-president of labour policy and league affairs, Adolpho Birch, sent a letter Monday to the NFL Players Association detailing a plan to indefinitely suspend Harrison, Clay Matthews, Julius Peppers and Mike Neal if they don't speak with the league by Aug. 25 as part of its investigation into an alleged link to performanceenhancing drugs.

The players' punishment would end at the discretion of Commissioner Roger Goodell once interviews are completed, according to the letter obtained by The Associated Press.

Harrison said he isn't interested. "I'm not going to answer questions for every little thing that some Tom, Dick and Harry comes up with," Harrison said. "If that's the case, somebody can come out and say that James Harrison is a pedophile. (Are) they going to suspend me and put me in an investigation for being a pedophile just because



Steelers linebacker James Harrison doesn't want to be investigated solely based on what he says is hearsay, Justin K. ALLER/GETTY IMAGES



(Are) they going to suspend me and put me in an investigation for being a pedophile just because somebody said it?

Pittsburgh linebacker James Harrison

somebody said it?"

Hanrison said he doesn't want to be suspended, but he is prepared to take the situation as far as New England Patriots' quarterback Tom Brady, who fought his four-game "Deflategate" suspension for 18 months — nearly to the U.S. Supreme

Court — before deciding to no longer proceed with the legal process. His suspension begins next month.

"When it comes down to it, I want to play, but it's certain rules and things they need to go through that they didn't even go through just to start an investigation," Harrison said at training camp. Harrison said in June he would only agree to an interview if it were at his home and Goodell was present. He extended his invitation again on Tuesday.

"Like I said before, " Harrison said. "Come to my house. Bring Roger with you."

Harrison said he would "lean in the direction" of speaking with the league if the Steelers suggest an interview because he doesn't want to let his teammates and the organization down. "I'll have to deal with

🚹 ORIGIN

The NFL first notified the four players on Jan. 11 about the investigation into a report by Al-Jazeera including allegations made by Charlie Sly, who worked as an intern at an anti-aging clinic, about the use of PEDs by several athletes, including the four linebackers. Sly later recanted his claims.

Retired quarterback Peyton Manning was also cited in the report, but the NFL cleared him after a separate investigation in which the Broncos star granted interviews and provided all records sought by league investigators.

that when the time comes," Harrison said. Steelers coach Mike Tomlin said he is staying out of it.

"This has nothing to do with us," Tomlin said. "This is between him and the (NFLPA) and the league. I assume that he is going to do what he needs to do."

Goodell's power to punish players has been an increasingly difficult issue between the NFL and the union in recent years, highlighted by the Brady case and that of Vikings running back Adrian Peterson, who fought his suspension over allegations of child abuse. THE ASSOCIATED PRESS

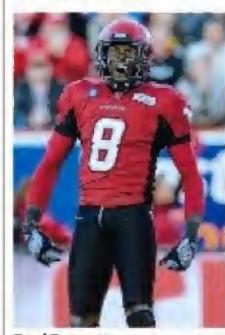
Stamps' trade two **DBs** to Riders

The Saskatchewan Roughriders acquired defensive backs Fred Bennett and Jeff Hecht from the Calgary Stampeders for two negotiationlist players Tuesday.

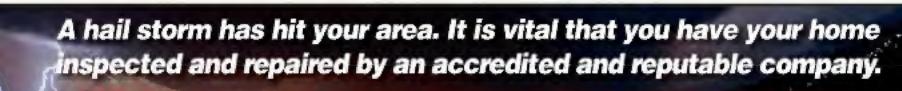
The six-foot-one, 197-pound Bennett is in his fifth CFL season. He had 166 tackles, 10 interceptions and seven forced fumbles in 73 regularseason games with Calgary.

The five-foot-nine, 205-pound Hecht, an Edmonton native, began his CFL career with Montreal in 2011 but was in his fifth season with Calgary. He accumulated 50 tackles and 37 special-team tackles in 73 regular-season contests with the Stampeders.

THE CANADIAN PRESS



Fred Bennett GETTY IMAGES FILE



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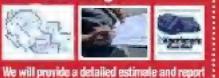






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David Ortiz welcomes Mookie Betts home after his two-run home run on Tuesday night in Baltimore.

MITCHELL LAYTON/GETTY IMAGES

Red Sox rise above O's

Boston's Betts belts two more to overtake **Baltimore**

Mookie Betts homered twice and drove in five runs, helping the resurgent Boston Red Sox beat the Baltimore Orioles 5-3 Tuesday night for their fifth straight victory.

Betts hit a three-run drive in the fifth inning and added a tiebreaking two-run shot in the seventh. He's batting .426 with 12 homers and 18 RBIs in 11 games against the Orioles this season.

Betts had three homers and eight RBIs in a 16-2 win over Arizona on Sunday.

The victory lifted Boston into a tie with Baltimore for second place in the AL East. The Orioles started the day atop the division by .001 over Toronto, which topped the Yankees.

The Red Sox were in first place on July 21, then lost 13 of 20 before winning five in a row.

riguez had a no-hitter be- TUESDAY In Baltimore fore leaving in the fifth inning with left hamstring tightness. Matt Barnes kept REDSOX the Orioles hit-

less until Steve Pearce reached on a dribbler that got past the mound with one out in the seventh. Baltimore ended up batting around and tying the game at 3. After Matt Wieters hit a two-run single, Brad Ziegler (1-3) walked Adam Jones with the bases loaded before striking out Jonathan Schoop.

The deadlock didn't last long. David Ortiz led off the eighth with a single off Brad Brach (7-2) and Betts lined an 0-1 pitch into the front row of seats beyond the left-field wall.

Craig Kimbrel, the sixth Bos-Boston starter Eduardo Rod- ton pitcher, worked a perfect ninth for his 21st save.

> Rodriguez and Yovani Gallardo were locked in a scoreless duel until the fifth.

After Andrew Benintendi hit a leadoff double and Xander Bogaerts drew a oneout walk, Gallardo struck out Ortiz with a 2-2 fastball. Betts hit the next pitch over the leftfield wall.

Betts has 28 home runs and 87 RBIs, both career highs. THE ASSOCIATED PRESS

IN NEW YORK

Russell Martin homered twice, including a go-ahead shot in Toronto's eight-run eighth inning, and Troy Tulowitzki had four hits as the Blue Jays erased a sixrun deficit Tuesday night in their 12-6 victory over the New York Yankees.

Edwin Encarnacion hit a tying homer and drove home three runs in the eighth as Toronto took advantage of a meltdown by New York's bullpen. Tulowitzki also went deep to help the Blue Jays pull off their biggest comeback of the season and move back atop the AL East, just ahead of Baltimore and Boston. THE ASSOCIATED PRESS

Aguero's scores 3, leaves 2 on the table

Sergio Aguero hit a hat trick after failing to score from two early penalties as Manchester City thrashed Steaua Bucharest 5-0 in the first leg of their Champions League playoff on Tuesday, virtually assuring a sixth straight season in the group stage.

On a night when City's movement and speed of passing bewildered its Romanian opponent. Aguero had one spot kick saved and saw another clip the bar either side of David Silva's **opener.** THE ASSOCIATED PRESS



Sergio Aguero GETTY IMAGES

IN BRIEF

Spurs' Lloris out 4 weeks

Tottenham goalkeeper Hugo Lioris will be out for around four weeks with a left hamstring injury sustained on the opening. weekend of the English Premier League season.

Tottenham gave the prognosis on Tuesday after Lloris had a scan on the injury.

Lloris, who is Tottenham's captain, left the field in the first half of the 1-1 draw at Everton on Saturday.

THE ASSOCIATED PRESS

Kerber eyes Serena's spot

Angelique Kerber has a chance to become No. 1 at the Western & Southern Open in Mason, Ohio.

Two-time defending champion Serena Williams pulled out with an inflamed shoulder, making it possible for Kerber to overtake her in the rankings. She would move up to No. 1 by winning the tournament.

Williams has been in the top spot for 183 consecutive weeks, the second longest such stretch in WTA history. THE ASSOCIATED PRESS

100%

Coyne to honour fallen racer Clauson

Dale Coyne Racing announced in the Indianapolis 500 in May Tuesday that

Conor Daly will drive the No. 88 in Sunday's IndyCar race at Pocono Racethe memory of Bryan Clauson.

died Aug. 8 from injuries sus-

tained in an open-wheel accident in Kansas, finished 23rd

Honoured to carry the initials of a way to honour legend on the side Mann will of our car this Clauson, who weekend. Let's ride. helmet will

Conor Daly via Twitter

in the No. 88 for Jonathan Byrd's Racing.

DCR also announced that Pippa drive the No. 19, and her have the "BC Still Chasing

200" logo on it in Clauson's honour. THE ASSOCIATED PRESS

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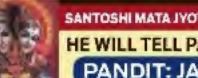
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- · 2 cups Greek-style yogurt
- fresh strawberries
- fresh blueberries

- fresh raspberries
- · fresh mint
- maple syrup

Directions

 Carefully slice watermelon. into discs about 1-inch thick. Then cut each disc into 4 slices, pizza-style. Arrange watermelon slices on a plate.

2. Spread the yogurt evenly across the meat of the melon. Sprinkle with blueberries, slices of strawberries, raspberries and fresh mint. Drizzle with maple syrup.

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CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

ACROSS

1, RIO 2016: Golfer's prop 5. Records 10. Half 14. "The Perry _ Show" 15. Take ___ trip (Travel alone) 16. "BC's opposite is known____,* ...said the dates expert 17. Cajole 18. RIO 2016: Barry Manilow song sharing the name of Rio's famous beach 20. Deep down 22. RIO 2016: Stuff

in the pool 23. Explosive stuff 25. WSW opposite 26. Duck

29. Victorian 31. Canadian songstress Ms. Jordan 35. Madonna

movie role 36. Viewpoint 40. Waste

41. Batch 42. Li'll diagram 43. Yore's 'before'

44. "Hold ___ sec..." 45. "C'est la _!" 46. Attendee of a

concert by the singer at #18-Across 48. Wealthy dol-

lar armt. 49. Scandinavian story

51. Pine-__ (Cleaning brand) 52. RIO 2016: Athletics a.k.a. _ & Field

54. Deplete 57. Chocolate cake ingredient

14 15 17 13 19 20 23 24 25 30 32 35 35 33 40 42 44 41 43 46 45 47 48 48 50 54 55 38 58 60 65 67 69 86 70 72 73

59. RIO 2016: Track & Field event: 2 wds. 63. RIO 2016: Relay team member in Track & Field 67. RIO 2016: One who gets the crowd cheering in Soccer: 2 wds. 69. _ fruit

70. Dainty 71. _ de menthe 72. Level

73. Low-lying area 74. Flute, e.g. 75. Mind

DOWN 1, 301, fancy-style

Volcano in Japan, Mount _ 7. Movie-watcher's

musician

2. Common _ (Can-

uck coin bird).

Be silent, to a

8. "In the Valley of

3. Ms. Thurman's ^ (2007) 4. RIO 2016: Olym-9. Architecturpic sport al base

> 10. RIO 2016: Fencing swords 11. Mr. Morales

> > Manfred ___

13. Family suffix

in zoology 19. _ Center (Chicago building) 21. Go extinct: 2 wds. 24. Sits on the throne

into 27. Egg-shaped 28. Courted

26. Check out,

30. Danny of "Do the Right Thing" (1989)

32. Fragrance 33. Boom kind 34. Celery _

37. Ms. Zadora 38. 'Mountain'-

meaning prefix 39. Sir Isaac _ 47. RIO 2016: Thomas Bach's official gig, for

short: 2 wds. 50. Jessica Simpson's sister 53. RIO 2016: Badmin-

ton or Tennis need 55. Singer Mr. Mc-Lean, et al.

56. Geometric scarf designer Émilio 58. One giving home help

59. TV cable channel 60. American state

61. Highlander 62. Daybreak, to a poet

64. Bee's abode Sound, Ontario. 66, Peel

68. CPR giver

*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20 Today's Full Moon could create problems with your kids, or your friends or even a romantic partner. Your best choice is to chill out.

Taurus April 21 - May 21 Today you are caught betwe the demands of home and family versus the demands of your job and your career. (You can't ignore home and family.)

Gemini May 22 - June 21 Be careful, because this is an accident prone day for your sign since you or someone else might be distracted. Be calm and be aware.

Cancer June 22 - July 23 Disputes about finances, possessions, debt and inheritances might come to a head today, It's important to know what you really want. before you agree to anything.

Leo July 24 - Aug. 23 Today the only Full Moon opposite your sign all year is taking place. This will create some emotional excitement or tension between you and partners and close friends. (But you still can enjoy this day!)

Virgo Aug. 24 - Sept. 23 Be patient with co-workers today. because the Full Moon's energy makes everyone a bit antsy and easily annoyed. Therefore, stay calm. Be a role model for others.

Libra Sept. 24 - Oct. 23 Don't try to persuade a friend to agree with you today. Just agree to disagree. Likewise, your relationships with children might be challenging because of the Full Moon's energy today. Go slowly.

Scorpio Oct. 24 · Nov. 22 Like Taurus, you feel challenged by juggling the demands of home and family versus job. However, unlike Taurus, you cannot ignore your career, job and public reputation.

★ Sagittarius Nov. 23 - Dec. 21 Avoid controversial subjects like politics, religion and racial issues today, because they quickly will lead to an argument. (Emotions run high during a Full Moon.)

Capricorn Dec. 22 - Jan. 20 Try not to get carried away with disputes about shared property. inheritances and financial matters. today, because today's Full Moon is a tough day for having important discussions. Easy does it.

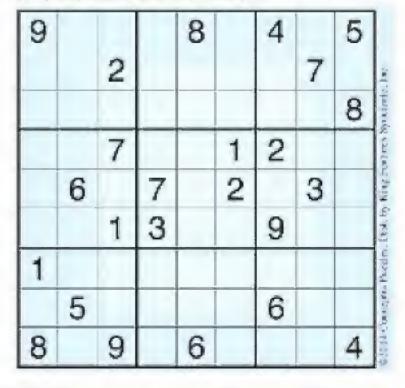
Aquarius Jan. 21 - Feb. 19 Today the only Full Moon in your sign all year is taking place. Naturally, this makes you more emotional, which can rebound off close friends and partners. Oh well.

Pisces

Feb. 20 - March 20 Issues at work and conversations with co-workers might be frustrating today because of the Full Moon energy.

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